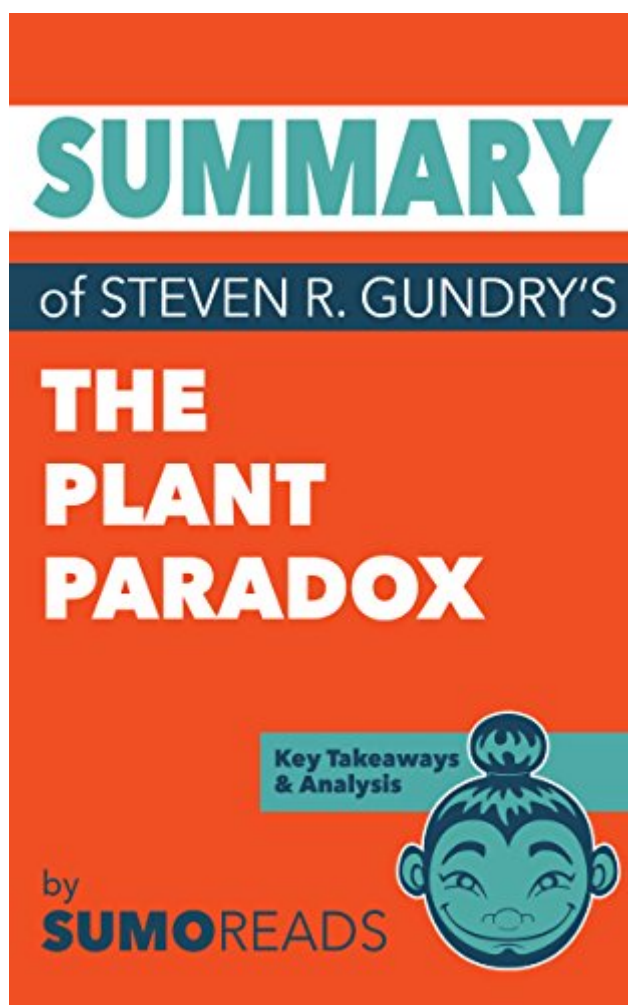


The book was found

# Summary Of Steven R. Gundry's The Plant Paradox: Key Takeaways & Analysis



## Synopsis

Don't miss this summary of Dr. Steven Gundry's groundbreaking book on the real effects of plants on our diets, our bodies, and the bacteria that keep us healthy: The Plant Paradox. This SUMOREADS summary includes key takeaways and analysis to help you quickly absorb the most crucial points from Dr. Gundry's book and to revolutionize your diet and your body today.

**What Will You Learn from Reading this Book?**

- The real cause of most common health problems
- Why conventional "health foods" are to blame for making you sick and overweight
- Why fruit is not a health food!
- How the plant paradox program can reverse chronic medical conditions such as coronary artery disease, hypertension, and diabetes
- The same substances released by plants to paralyze invading insects are present on your dinner table
- How different sources of calories play a significant role in how you metabolize them
- How lectins play a prominent role in disrupting communication between cells
- The importance of balancing the microbiomes that make up your entire body
- The causes of, and solution to, leaky gut syndrome

**Book Summary Overview**

Ever wondered how you could avoid a myriad of health issues by engaging on a diet that recommends intake of fats and discourages fruits? The Plant Paradox is a new and informative dieting approach. It revolutionizes your thoughts about building good health through dieting. In it, Dr. Gundry a world-renowned expert in cardiothoracic surgery, restorative medicine and immunologist enlightens you on what keeps you in pain, sick and low on energy. As you flip the pages, you will understand how plant proteins known as lectins are behind numerous health issues and where it all started. Also, you will interact with several testimonies of Dr. Gundry's patients detailing how the plant paradox program reversed various autoimmune and chronic conditions. Finally, this book doesn't leave you guessing on how to take steps in your new dieting program. You'll find plenty of instructions on different meal plans and recipes that include locally available ingredients that match the plant paradox program.

Click 'Buy Now with 1-Click' to own your copy today!

Please note: This is a summary, analysis and review of the book and not the original book.

## Book Information

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## Customer Reviews

Back in the 1960's "speed-reading" became popular, and Woody Allen was an enthusiastic advocate. He reported that he'd read War and Peace in two hours: "It's all about Russia." His synopsis of War and Peace was at least as comprehensive as this is of The Plant Paradox. Buy Doctor Gundry's book. It's worth it. -- This pamphlet also reminds me of the cartoon of the clarinetist reading a Cliff Notes version of The Flight of the Bumblebee-- which had only a few notes on the page (of sheet music): This version might have had, at best, two notes. A GOOD "Cliff Notes" version of The Plant Paradox would be a good thing to have. This is not it. The original book is good. Buy it and make your own notes! Beannacht Libh.

This is a great Summary. I enjoyed reading this. It is great to have in my library for me to refer to for changing my present eating habits. Many things I didn't know about what is out there that is best to consume.

Very interesting!! Still reading it.

Interesting

Meh....

It was a brief summary. I ended up ordering the book to get the information I was looking for.

Disappointed.

Very little information.

Did not meet my expectations

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